

APRIL 2021 NEWSLETTER

SALEM SENIOR CENTER

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Easter is the holiday that celebrates and commemorates the central event of the **Christian faith**: the resurrection of Jesus Christ three days after his crucifixion.

Easter is the oldest **Christian holiday** and the most important day of the church year.

Easter is preceded by the season of **Lent**, a 40-day period of fasting and repentance culminating in Holy Week, and followed by a 50-day Easter Season that stretches from Easter to **Pentecost**.

SHRED IT & PROTECT IT

Saturday, April 24th
8 – 11 am
Salem Civic Center
(sponsored by BBB)

OR

Wednesday, May 5
3 – 6 pm
Salem Senior Center
(sponsored by Salem Police Department, the VA Attorney General's Office, and the Salem Senior Center)

Limit 3 boxes or bags per car



** LINE DANCE CLASSES **

RESUMES WEDNESDAY,

APRIL 7th
1:30 – 3pm

You will still need to call our office EVERY Monday if you are going to take the line dance class on Wednesdays.

One of us will be taking roll at the door as you come in and if you are not signed up and there is not enough room, you will not be able to take the class that day. **375-3054**



** FITNESS CLASSES **

CLASSES WILL RESUME

APRIL 6th
8:45 – 9:45

(Tuesday, Thursday, & Friday)

To take one or all three, you must call us on each Monday to sign up for the one(s) you are planning on taking that week. Do not sign up just to hold a spot because you are causing someone not to be able to take the class.

Currently we are allowing 20 people ONLY to take each class while social distancing comfortably.

CALL US EACH MONDAY TO SIGN UP. 375-3054

One of us will be taking roll at the door as you come in and if you are not signed up and there is not enough room, you will not be able to take the class.

WEAR YOUR MASKS



Until further notice, the Governor has mandated that masks are to be worn in public facilities. Please wear a mask while you are in our facility. This protective item is safety for you and for the people you are around!

SENIOR MOUNTAIN PICKERS will resume on Fridays, 11am – 2pm, starting April 9TH.



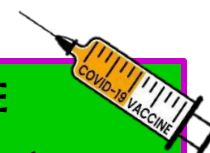
Social distancing and mask wearing will still apply.



COVID-19 VACCINE

If you are 65 and over and have not had your COVID-19 vaccine, go to the website below to sign up. Someone will notify you from the Health Department where and when to go for your shot.

<https://vaccinate.virginia.gov/>



DMV2GO

April 19-22, 2021
9:00 am – 4:00 pm
Salem Civic Center



Go to the DMV website to make an appointment.

<https://www.dmv.virginia.gov/online-services/appointments.aspx>

APRIL 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 11 am – 49ers + Club Meeting 2 – 3 pm – Tai Chi	2 GOOD FRIDAY	3
4 Happy Easter! 	5 1–3 pm – Art on your own	6 8:45 – 9:45 am – Exercise Class 10:00 am – 2 pm – Chair Caning 4:15-5 pm – Chair Yoga 5 – 6pm – TOPS weigh in (appt only)	7 9 am – Tap Class 10 am – Needlework/Quilting 10:30 am – 1 pm – Ceramics 1:30 – 3 pm – Line Dance	8 8:45 – 9:45 am – Exercise Class 11 am – 49ers + Club lunch out 2 – 3 pm – Tai Chi	9 8:45 – 9:45 am – Exercise Class 11 am – 2 pm – Senior Mountain Pickers	10
11	12 1–3 pm – Art on your own	13 8:45 – 9:45 am – Exercise Class 10:00 am – 2 pm – Chair Caning 4:15-5 pm – Chair Yoga 5 – 6pm – TOPS weigh in (appt only)	14 9 am – Tap Class 10 am – Needlework/Quilting 10:30 am – 1 pm – Ceramics 1:30 – 3 pm – Line Dance	15 8:45 – 9:45 am – Exercise Class 11 am – 49ers + Club Meeting 2 – 3 pm – Tai Chi	16 8:45 – 9:45 am – Exercise Class 11 am – 2 pm – Senior Mountain Pickers	17
18	19 1–3 pm – Art on your own	20 8:45 – 9:45 am – Exercise Class 10:00 am – 2 pm – Chair Caning 4:15-5 pm – Chair Yoga 5 – 6pm – TOPS weigh in (appt only)	21 9 am – Tap Class 10 am – Needlework/Quilting 10:30 am – 1 pm – Ceramics 1:30 – 3 pm – Line Dance	22 8:45 – 9:45 am – Exercise Class 11 am – 49ers + Club Meeting 2 – 3 pm – Tai Chi	23 8:45 – 9:45 am – Exercise Class 11 am – 2 pm – Senior Mountain Pickers	24 8 – 11 am Shred event at the Salem Civic Center
25	26 1–3 pm – Art on your own	27 8:45 – 9:45 am – Exercise Class 10:00 am – 2 pm – Chair Caning 4:15-5 pm – Chair Yoga 5 – 6pm – TOPS weigh in (appt only)	28 9 am – Tap Class 10 am – Needlework/Quilting 10:30 am – 1 pm – Ceramics 1:30 – 3 pm – Line Dance	29 8:45 – 9:45 am – Exercise Class 2 – 3 pm – Tai Chi	30 8:45 – 9:45 am – Exercise Class 11 am – 2 pm – Senior Mountain Pickers	May 1



If you have not signed up to get the vaccine and need help, please stop by the office and we will help you get signed up through the [Vaccinate Virginia web site](#).



IMPORTANT COVID-19 REMINDER



If you have experienced any symptoms or have been exposed to Covid-19 within the past 10 days, we ask that you not enter our facility. We need to do everything we can to make sure that we are able to remain open while keeping everyone safe and healthy!!!

Keeping it clean. Paul works hard to keep our building clean and free from germs. Please try and keep your areas clean and free of germs by washing your hands, throwing away your own trash, and putting the things you use back in the place they are kept. Thank you all.

IMPORTANT NOTICE

No activities where we cannot social distance will be held at this time. Please check the calendar for available activities.

May the glory and the promise of this joyous time of year bring peace and happiness to you and those you hold most dear.

And may Christ, Our Risen Savior, always be there by your side to bless you most abundantly and be your loving guide.

— Author Unknown

